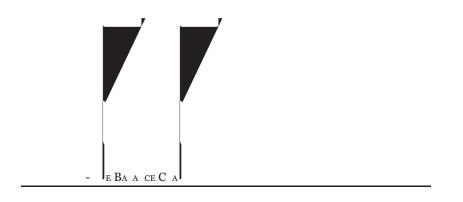
$\frac{\#(\$/\$\#\#\$13^*4"5\%10/"2^*\#.\$!("/"'\$6", -,, 6")}{!"\#\$\%\$!()^*+*, -,, *\#.\$!("/"'\$0/*0.."!\$0)\$"1^*"2^*)(3^*\#(\$/\$\#\#\$13.)}$

mixed-method approach was utilized. Interviews were first conducted

1) Nourishing connection with spouse/partner, 2) Managing f nances, 3)

time and planning as signif cant predictors of well-being. This study

: - , , - , - ,

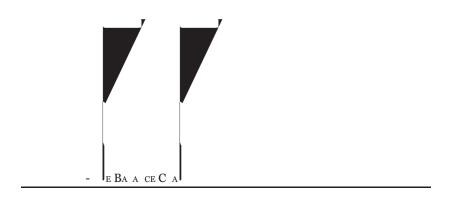


al., 1992; Voydanof, 2008). Because of role pressures that may be incompatible, they often experience work-family confict (Greenhaus

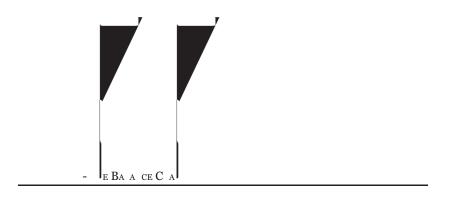
confict and well-being has been well documented (Anderson et al., 2002; Frone et al., 1997). Studies have found that demands in different domains serve as stressors that contribute to work-family confict

identif es factors of work-life balance crafting that may be helpful in

С



It is also important to note that context and culture may infuence

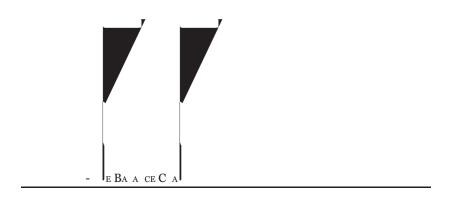


1

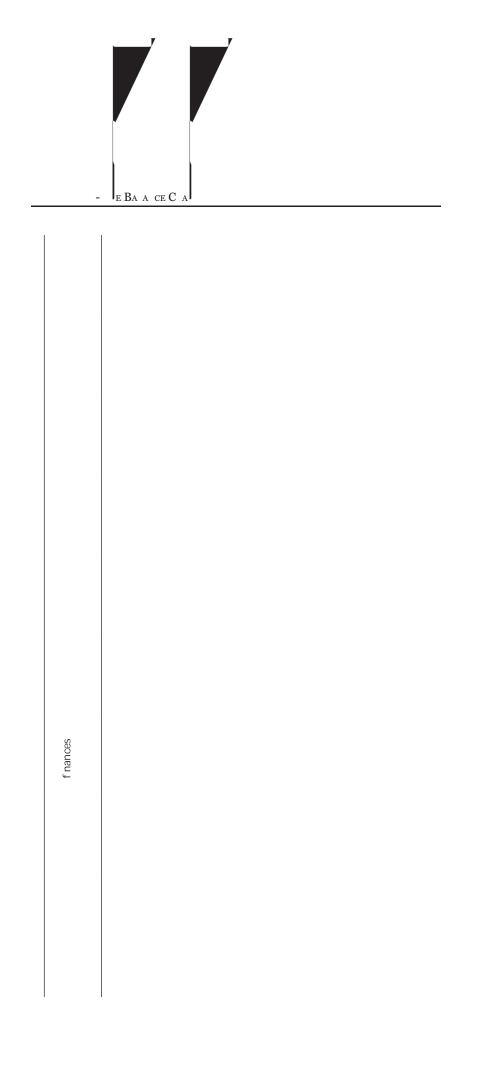
face-to-face interviews were first conducted among 12 individuals

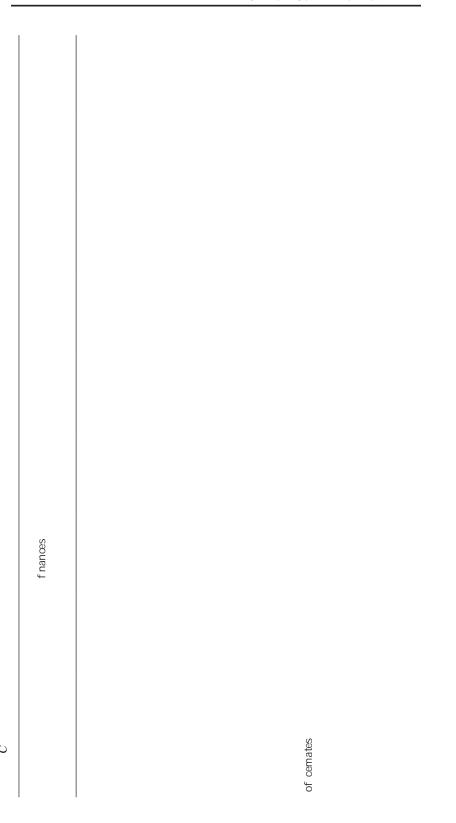
The participants were employed in different types of organizations,

Caringal-Go and H

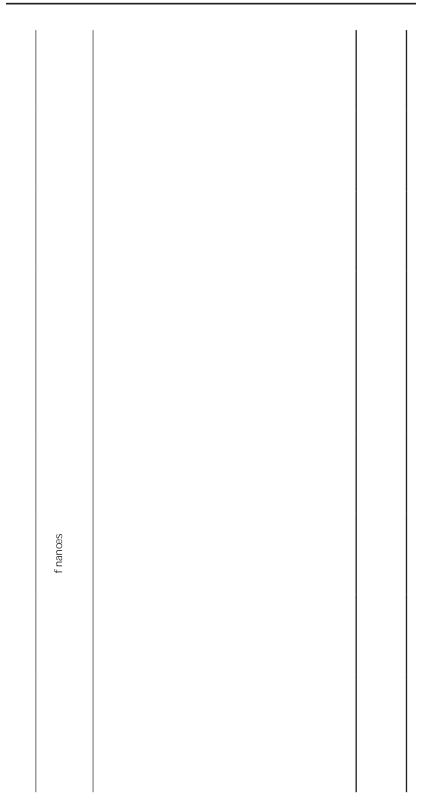


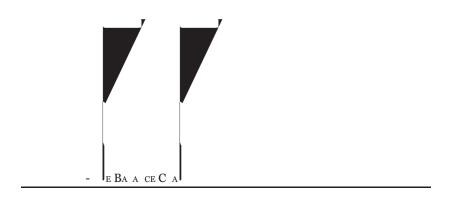
CARINGAL-GO AND HE



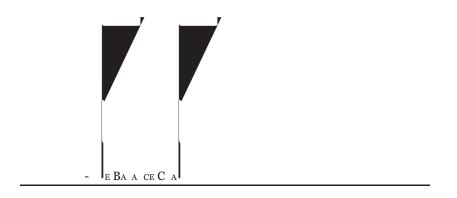


C





CARINGAL-GO



couples in the country also entails finding ways to maximize the financial resources earned in the work domain in order to address the financial demands in the family domain.

attributed to cultural inf uences, given that majority of the population

dif cult situations (Hechanova & Waelde, 2017), thus, it can be

strategies. Strengthening faith and service may also be classifed

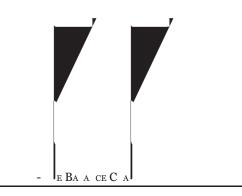
f nances and managing time and planning appear to focus on physical aspects of various domains. Classif cations are not as apparent for the two other themes, whose items appear to represent different typologies.

to dif erences in experiences among working mothers and fathers (for example, see Chung & van der Lippe, 2020; Of er, 2014; Borelli et al.,

Similarly, cross-cultural studies to examine diferences and

from different countries may be warranted. The validation and refinement of the work-life balance crafting scale with more diverse populations would also be beneficial.

relationship ft the inclusion criteria and may have both responded,

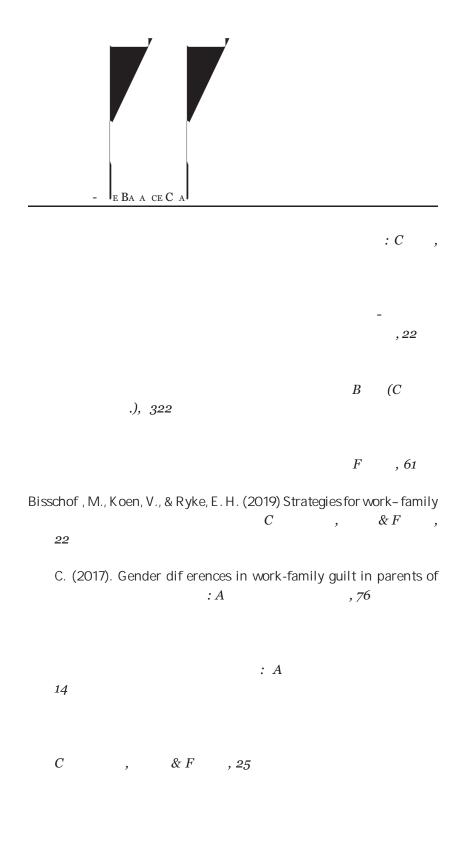


life balance and enhance their well-being. The f rst is the importance of young, a common challenge for dual-income couples is f nding time for partners. Towards this end, ef orts to improve communication (for time with them may be beneficial (Farbod et al., 2014). Moreover,

be beneficial in planning for long-term career goals. Planning also

can do to enable work-life balance. For example, providing suf cient

above vacation leaves. Benef ts related to child-care for dual-income



Clarke, V., Braun, V., & Hayfeld, N. (2015). The matic analysis. In : A

A

A

A sean, inficts deep labor wounds.

•

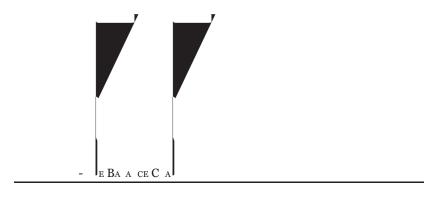
inficts-deep-labor-wounds#ixzz7wZSVGd7i

- . 37

.

Diener, E., Emmons, R. A., Larsen, R. J., & Grif n, S. (1985). The $$\cal A$$

C :



Diener, E., Suh, E., & Oishi, S. (1997). Recent findings on subjective C , 24

- B ,57

families: Do they have diferent needs?. B E, 9 Farbod, E., Ghamari, M., & Majd, M. A. (2014). Investigating the effect

AGE , 4

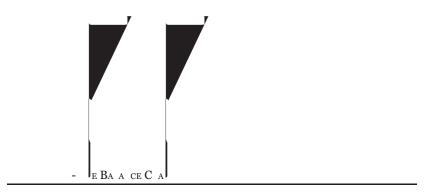
family confict: Are work and family boundaries asymmetrically B , 13(7)

F

Hechanova, R., & Waelde, L. (2017). The infuence of culture on

, C ,20

D



Of er, S. (2014). Time with children and employed parents' emotional Ortega, R. A. L., & Hechanova, M. R. M. (2010). Work-family confict,